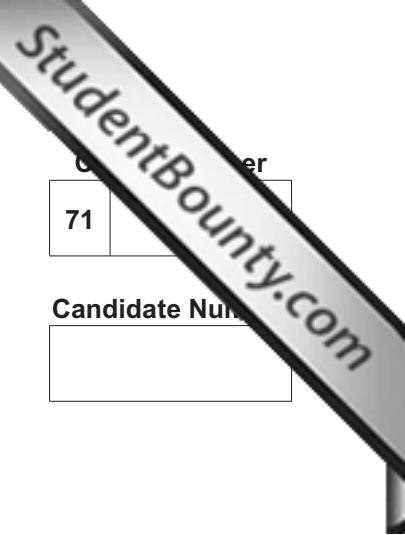




General Certificate of Secondary Education
January 2013

**Health and Social Care
Single Award**
Unit SA2: Personal Development
[GHS21]
TUESDAY 29 JANUARY, MORNING



Centre Number
71

Candidate Number

TIME

1 hour 30 minutes.

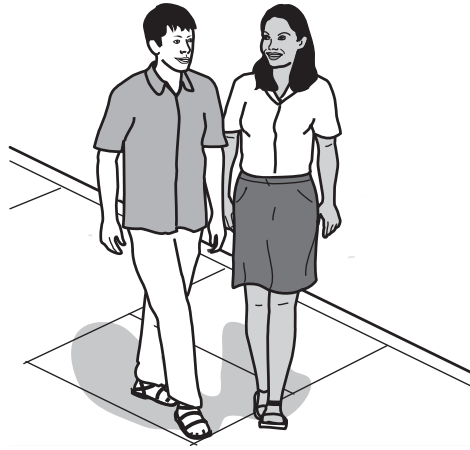
INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.
Write your answers in the spaces provided in this question paper.
Answer **all five** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 100.
Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.
Quality of written communication will be assessed in questions **3(b)**, **5(b)** and **5(c)**.

For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	
Total Marks	



The Williams family consists of Mathew aged 35 years, his wife Aimee aged 32 and three children, Hannah aged 2, Thomas aged 6 and Katie aged 11.

(a) Mathew and Aimee are in the life stage of _____
 _____ which is from _____ to 39 years. [2]

(b) Using the information in the passage, write down two life changes both Mathew and Aimee have experienced.

1. _____ [1]

2. _____ [1]

(c) Aimee tries to make sure the family has a well balanced diet. She prepares healthy meals and packed lunches. Aimee encourages the children to eat snacks such as fruit, yogurt or nuts and raisins instead of chocolate and crisps.

Explain three **different** ways eating a healthy diet may have a **positive** effect on the children's physical health.

1. _____

 _____ [2]

Examiner Only	
Marks	Remark

2. _____

_____ [2]

3. _____

_____ [2]

(d)



(i) Hannah is in the life stage of infancy which is from _____ to _____ years. [2]

(ii) Discuss the expected patterns of physical development during infancy.

_____ [3]

(e)



(i) Write down the life change Thomas has experienced.

_____ [1]

(ii) Thomas is in the life stage of childhood. Discuss how you would expect him to develop socially in his current life stage.

_____ [3]

Examiner Only	
Marks	Remark

(f) (i) Katie is in the life stage of adolescence which is from _____ to 18 years. [1]

(ii) Explain how Katie’s appearance could have a **negative** effect on her self-concept.

_____ [2]

(iii) Explain three **different** ways you would expect Katie to develop emotionally during her current life stage.
1. _____

_____ [2]

2. _____

_____ [2]

3. _____

_____ [2]

Examiner Only	
Marks	Remark

2 Jordan, aged 19, has started university where he is studying physiotherapy.

(a) Explain how education may have a **positive** effect on Jordan's self-esteem.

[2]

(b) Discuss how starting university may have a **positive** effect on Jordan's intellectual and social development.

Effect on Jordan's intellectual development

[3]

Effect on Jordan's social development

[3]

Examiner Only	
Marks	Remark

(c) Sources of support help individuals cope with life changes.

Explain three **different** types of support Jordan may have been given by his family to help him cope with starting university.

1. _____

_____ [2]

2. _____

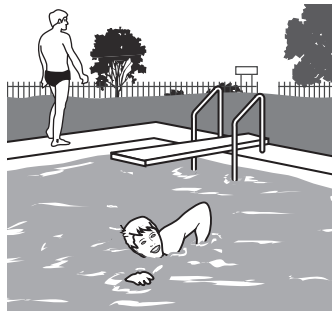
_____ [2]

3. _____

_____ [2]

Examiner Only	
Marks	Remark

(d)



Jordan is a member of the university sports club. He enjoys swimming and working out in the gym.

Explain how taking exercise may have a **positive** effect on Jordan's mental health.

[2]

(e) Jordan is concerned that some of his friends binge drink on a regular basis.

Write down three different ways alcohol abuse may affect an individual's physical health.

1. _____ [1]
2. _____ [1]
3. _____ [1]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

3 Dimitrie and Marta, both 62 years old, have been happily married for thirty years.

(a) Write down the type of relationship between Dimitrie and Marta.

_____ [1]

(b) Dimitrie and Marta are in the life stage of middle adulthood.

Discuss the expected patterns of personal development during this life stage.

(c) Last year Marta suffered a heart attack and spent two weeks recovering in hospital. She now has regular check ups with the GP (family doctor).

Explain two **different** types of support the GP may offer Marta.

1. _____

_____ [2]

2. _____

_____ [2]

Examiner Only	
Marks	Remark

(d) Dimitrie and Marta are concerned about their son. His wife has recently divorced him and he does not seem to be coping with this life change.

Use the headings below to explain how divorce may have a **negative** effect on an individual's personal development.

Effect on physical development

[2]

Effect on emotional development

[2]

Effect on social development

[2]

Examiner Only	
Marks	Remark

4 An individual’s self-concept may be affected by a range of factors.

Discuss how each of the following factors may affect an individual’s self-concept in a **positive** way.

Age

[3]

Gender

[3]

Culture/ethnicity

[3]

Examiner Only	
Marks	Remark



Jane, aged 70, lives alone since the death of her husband who died as the result of an accident.

(a) Jane is in the life stage of later adulthood.

Discuss the expected patterns of **physical** development during this life stage.

[6]

Examiner Only	
Marks	Remark

[Turn over

(b) Analyse the possible effects of bereavement on Jane's personal development.

Examiner Only	
Marks	Remark

[9]

Examiner Only	
Marks	Remark

[Turn over

(c) Evaluate the effect relationships may have on an individual's emotional and social development.

Emotional development

Examiner Only	
Marks	Remark

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